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HILL (JOHN)

THE VIRTUES of HONEY IN Preventing many of the worſt DISORDERS; AND In the certain CURE of ſeveral others; PARTICULARLY The GRAVEL, ASTHMAS, COUGHS, HOARSENESS, and a tough Morning PHLEGM. WITH A particular Direction of the Manner of taking it for the Cure of CONSUMPTIONS. TO WHICH IS PREFIX'D An Account of the Origin and Nature of HONEY; Its various Kinds, Engliſh and Foreign; and the Marks which diſtinguiſh them: alſo a Method to obtain Honey as fine in England as from any Part of the World; and the beſt Ways of taking it. WITH The Genuine Receipt for the SYRUP of CAPILLAIRE as made in Italy; and for the celebrated ARISTÆAN CONFECTION.

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THE VIRTUES of HONEY IN Preventing many of the worſt DISORDERS, &c.

INTRODUCTION.

THE ſlight regard at this time paid to the medicinal virtues of Honey, is an inſtance of the neglect men ſhew to common objects, whatever be their value: acting in contempt, as it were, of the immediate hand of providence, which has in general made thoſe things moſt frequent, which have the greateſt uſes; and for that very reaſon,

WE ſeek from the remoteſt part of the world, medicines of harſh and violent ope-

peration, for our relief in ſeveral diſorders, under which we ſhou'd never ſuffer, if we would uſe what the Bee collects for us at our doors; and in as many others which tho' no care could make us eſcape, the ſame innocent and pleaſant juice would cure.

For the patient tortured with the gravel and ſtone, when common medicines fail of their effect, we ſeek from the Braſils, the Pareira Brava; or actuated by deſpair rather than hope ſwallow the poiſon of the Spaniſh Cantharides: drugs which while they promiſe relief tear to pieces the whole conſtitution. All the while we neglect, what is ſufficiently known to thoſe who practice phyſick, that he who will take a ſpoonful of Honey before his breakfaſt will never be ſubject to that complaint. Africa is ranſacked for its nauſeous Ammoniacum to give breath in Aſthmas, and in extreme caſes the body muſt be flead by bliſters for relief; when this pleaſant and ſafe medicine would anſwer all the purpoſes of the firſt, and ſave all the torments of the latter application.

There was a time when Honey was more us'd, becauſe the demand roſe from neceſ-

neceſſity. Before the knowledge of ſugar, this healthful ſweet ſupplied its place; and there are to this time countries where it has the ſame prerogative: Let us enquire what are the effects of this upon the peoples healths. Diſorders of the lungs and breaſt are ſcarce known: Conſumptions never heard of; no obſtructions of the viſcera are ſeen; and of the long liſt of chronic diſeaſes ſcarce one or two known. The antient Gauls gave a great inſtance of the firſt of theſe truths, from neceſſity; and the modern Swiſs of the other, by choice; thro' ſeveral of their Cantons. It is obſervable that a jaundice was never ſeen in thoſe countries, where the uſe of Honey is at this time univerſal; and ſcarce a dropſy.

Truths ſought from early time, and remote countries may perhaps be leſs felt than thoſe of ſmaller force which riſe at home. There is no part of England where the uſe of Honey is ſo general as in the places juſt nam'd; but there are families who know its value: and amongſt thoſe we never hear of any one of thoſe diſeaſes.

CHAP. I.

The Nature and Origin of Honey.

HONEY, tho' we owe it to the Bee, is originally a vegetable ſubſtance. All plants contain this ſweet juice: in ſome it is diſcharged pure and unmix'd into the bottoms of their flowers; in others it comes tainted with their common juices, and is by that mixture rendered diſagreeable, or hurtfull. The Bees are our providers and they are excellent purveyors: they neglect thoſe flowers wherein the Honey is debaſed by a mixture of other juices; and gather it only from ſuch as hold it pure and unalter'd. The quantity each flower affords is ſo very ſmall, that human induſtry never cou'd collect it; but theſe little inſects are indefatigable: their numbers make the general ſtore conſiderable, and we are ſupplied by them for all our occaſions. The Bee makes no change in the nature of the Honey: ſuch as ſhe receives it from the flower, ſuch ſhe delivers it to the Hive; and the thing is the ſame in all reſpects, whether we ſuck it from the bottom of the flower, or take it out of the

body

body of the Bee, or from the cell of the comb. What we find in the ſhops is often very different from this, for many tricks are play'd with it; but in theſe ſeveral natural conditions of it, there is no difference.

THE antients thought, Honey dropt from the ſkies, and accounted it the immediate gift of heaven; but latter obſervations, and a better knowledge of nature have taught us now, that it is produced within the flowers, where it is found; and that there is no herb but yields it. The leaves of trees afford a ſweet juice at ſome times; but this is not pure Honey: Bees will collect it in neceſſity, but it hurts all the reſt. This is one occaſion of the difference between the Honey of one year and of another, collected in the ſame place: and there are ſeveral other cauſes which render one parcel of it finer than the reſt. According to theſe we diſtinguiſh it into ſeveral kinds. With the differences of theſe it is proper all ſhould be acquainted, who intend to have the benefit of its virtues.

CHAP. II.

Of the ſeveral kinds of Honey.

IN the uſual way of ſpeaking we diſtinguiſh Honey only into two kinds: Which we call virgin, and common Honey. The difference between theſe is, only what ariſes from the manner of geting them from the comb. The virgin Honey being ſuch as runs out of it ſelf, when it is ſet in a poſition for that purpoſe; and the common Honey ſuch as is preſſed out of the combs with violence. This alſo is of two kinds, ſome having been preſſed without heat and ſome with: of theſe the former is by far the better; but both are much inferior to the pure virgin kind.

THIS is all the difference in Engliſh Honey they muſt expect to find, who ſeek it in ſhops; but there are ſeveral other diſtinctions known to thoſe who keep Bees according to which the Honey has more or leſs value: and beſide what we have thus of our own produce, there is very fine Honey of different kinds brought from

abroad

abroad, in general the Honey which is commonly ſold is ſo bad; partly from a diſhoneſt mixture of flour and other ingredients, and partly from the ill manner wherein it is procured from the combs, that it wou'd be adviſable for every one who depends upon its virtues either to ſettle a correſpondance with ſome honeſt perſon who keep Bees; or to purchaſe that which is brought from abroad.

CHAP. II.

Of Engliſh Honey; and the beſt kind of it for medicinal uſe.

THERE are three ſeaſons of the year in which thoſe who keep Bees in England may take the Honey: theſe are the months of May, July, and October. The Honey taken from the ſame ſtand of hives, at theſe three times of the year, will be found extremely different; and it ſhoud be kept ſeparate under the names of ſpring Honey, and that of ſummer, and autumn. Of theſe three the ſpring Honey is vaſtly beſt, and ſhou'd be the only kind uſed as a medicine. The Bees are in their full vigour when they collect this, and the firſt flowers of the year from which they gather it, are in their

glory: the ſummer Honey is the next in value; that of autumn is poor and will ſoon ſpoil in keeping.

The ſpring Honey ſhould be obtained freely from the comb: not by means of preſſing, much leſs of heat. The combs ſhould be taken out of the hive and broken into four or five pieces, theſe ſhould be ſet ſlanting in a cool place for the Honey to run out: and as much as will run freely muſt be kept in the pan into which it was firſt received; tying it carefully over and ſetting it in a cool quiet place.

This Honey will be of the thickneſs of a ſyrup, no more; and of a very pale amber colour, quite clear, of a fragrant ſmell, and in taſte of a delicate ſweetneſs with a ſharp or biting quality upon the tongue. As it ſtands quiet there will riſe a kind of ſkin upon the ſurface; and this will remain upon it and preſerve it. This Honey will never cand nor grow thicker than at firſt: and this is the true and proper Honey for medicinal uſe in England. It requires no purification, as common Honey does; and it will always ſit eaſy on the ſtomach. To thoſe who live

in

in the country nothing can be ſo proper or ſo eaſy as to take the care of obtaining this upon themſelves; for Bees may be kept with little trouble, and without expence. Thoſe who have not this advantage, muſt ſee that it be done carefully.

This will be uſing Honey as the Bees themſelves uſe it; for it is always covered with this kind of cruſt or ſkin in their cells; and they will never feed upon it if it be candy'd. To eat Honey thus collected is the ſame thing, as to ſuck it from the flowers themſelves, in which the Bees firſt found it. The Honey of the two ſeaſons following, is inferior in its own nature; and if taken as it comes from the farmer, is always loaded with wax from the heat that has been given the combs, even if it be from other mixtures.

Those who will take due care to get the ſpring Honey of our country, in this perfection, need ſeek no farther for its full virtues: but if any be under a neceſſity of buying it in the ſhops, it will be moſt adviſeable to purchaſe the foreign Honey, which has ſome natural ſuperiority over ours, from the

greater fragrance and virtue of the flowers in thoſe places where it is collected; and is always procured from the comb, in the moſt delicate manner.

CHAP. III.

Of Foreign Honey.

WE have Honey from many parts of the world imported into England; and all of it is called, from the name of the place whence the beſt is ſuppoſed to come, Narbonne Honey: this is to be had at the Italian warehouſes, and of the German apothecaries in London. It is always thin, and is of a paler colour than the Engliſh; and of a more fragrant ſmell. This fine ſcent however is of a peculiar kind: it is the flavour of the flowers rather than of the Honey; as Honey in that reſpect, none exceeds the pure ſpring Honey of England. The abundance of aromatic flowers in the ſouth of France and Italy give this flavour to the Honey; and enrich it alſo in ſome degree with their virtues ſo as to make it more effectual in ſome caſes, than the very beſt of our own.

We have this foreign Honey principally from three places, the ſouth of France, Italy, and Swiſſerland, and the three kinds may be thus diſtinguiſhed.

The french or true narbonne Honey, is of a perfect white colour; never at all cand'y'd; ſomewhat thicker than a ſyrup; and of a ſmell which perfectly reſembles a mixture of thyme and lavender. This is the fineſt of all.

The Italian Honey is thinner than this, or than the pure ſpring Honey of England: the colour enclines to amber, it is apt to cand in ſmall roundiſh lumps, and its ſmell is fragrant, but wants the briſkneſs of the narbone flavour.

The Swiſs Honey is thicker than either of theſe, but quite white; it has ſcarce any thing of that aromatick fragrance, which diſtinguiſhes the Narbonne and Italian kinds, but in the pure and perfect ſcent of Honey it exceeds them all: as it does alſo, in certain caſes, for its virtues. Theſe we ſhall conſider ſeparately in their place.

It is not to be ſuppoſed that all the Honey of theſe ſeveral kingdoms anſwers exactly to thoſe characters, for there is better and worſe, there, as with us, according to the ſeaſons and management: but what is perfect in its kind from either of thoſe places, will be readily known by this deſcription.

As Honey is excellent againſt many diſeaſes; and theſe ſeveral kinds, from their different nature, are ſuited in a peculiar manner, to one or other of thoſe diſorders, it appeared neceſſary to give this general account of their characters and differences before we proceeded to their ſeveral uſes: that the perſon who wants their aſſiſtance in any caſe, may know what is exactly meant by the name of each peculiar kind.

CHAP. IV.

Of the virtues of Honey againſt a tough Phlegm.

MANY perſons, eſpecially as they advance into years, are troubled with a tough phlegm in their throat in a morning, which makes their breathing difficult, occaſions

ſions them to ſpeak hoarſe and with difficulty, and brings on a continual hawking and coughing, 'till they have got it up. This is one of thoſe complaints which does not amount to the name of a diſeaſe, and for which few conſult a phyſician: yet it is a very troubleſome and diſagreeable one; painful to the perſon himſelf, and giving diſguſt to others.

The complaint ſhould not be ſlighted, for it will encreaſe; ſometimes it terminates in an Aſthma; and ſome have been carried off with an immediate death, by the conſequences of it: for by the ſtraining to bring it up, they have broke a veſſel, and bled to death upon the inſtant. If it were aſked what medicine would be a cure for this infirmity, and a ſafe preventer of its return, the queſtion would be difficultly anſwered; but in the place of ſuch a medicine, if the perſon will take honey, he may be ſure both of a preſent relief, and a laſting cure.

The beſt kind of Honey for this diſorder is, that of our own produce, but it is neceſſary to have it in perfection. The fine Engliſh

gliſh ſpring Honey is the proper kind; and there is no need of the troubleſome ceremony of taking it mixed up as a medicine. It may be eaten in its own form, and will no way do the buſineſs ſo well: Let the perſon who is troubled with this complaint, ſet a pot of Honey by his bed ſide, and the laſt thing at night, take a large ſpoonful of it into his mouth letting it go gently down. As ſoon as he wakes in the morning let him take another ſpoonful in the ſame manner. He will find eaſe the very firſt day, and more and more every day afterwards, 'till he is perfectly recovered.

After that, he need not confine himſelf in a ſtrict way to the taking it at any regular time, or in any certain quantity; but it will be adviſeable now and then to eat a little of it, to prevent a tendency in the ſame humour to bring on a relapſe: and if at any time after taking cold, or from other accidents, he perceives the complaint coming on again, he ſhould conſtantly take the ſame quantity night and morning for ſome time.

It is very eſſential in this caſe to have pure and fine Honey: and if our own ſpring Honey cannot be got, the Swiſs Honey which is ſold under the general name of Narbonne, but may be diſtinguiſhed by the marks before given, ſhould be uſed in its place. Common Honey ſuch as is ſold at grocers may encreaſe the complaint which it is directed to relieve.

There is no argument like fact, and one inſtance may prove this better than a volume of reaſonings. The laſt ſpring a merchant in the city, who was troubled with this complaint; took Honey by my advice in the manner juſt directed. He had been cautioned to get what was good, but without any particular directions on that head, as I had not then ſeen the extreme difference between one kind of Honey and another. He found his complaint encreaſe, but he had the reſolution to continue the medicine, 'till one morning he was near choaked. He conſtantly ſaid, that ſince his taking the Honey, he had always the taſte of raw flour in his throat in a morning: and he was not miſtaken; for on examining the Honey he had taken all this time, we found flour mix'd among it. This was done ſo clumſily, that on ſpreading a little of the Honey thin upon a piece of blue paper, and looking at it with

a reading glaſs, we could ſee the flour in ſmall white lumps. There is no room for wonder at the effect this took upon the patient, for the flour thickened the phlegm in to a paſte. On taking ſome tolerably good Engliſh Honey afterwards he recovered.

It is difficult ſometimes to diſcover the frauds that have been us'd in making up of Honey, but in general what is thin and tranſparent, from whatever place it comes is the moſt likely to be pure; becauſe all the common mixtures, give it thickneſs and cloudineſs.

CHAP. V.

Of the virtues of Honey againſt a Hoarſeneſs.

A Hoarſeneſs is another of theſe troubleſome complaints which does not amount to the name or nature of a diſeaſe, but yet is capable of making the perſon very uneaſy, and is commonly a very laſting diſorder: partly becauſe it is not judged conſiderable enough, to need a phyſician, and partly becauſe as the medicines uſually given take no effect upon it. To be able to do any ſervice in this complaint, it is neceſſary to underſtand its nature. The ſeat of a hoarſeneſs, is the top of the windpipe or larynx; and the occaſion of it is, a foreneſs of that part and a thick-

a thickneſs of its natural moiſture. This is always perceived by people who are hoarſe, for in their endeavours to ſpeak out, they find that part of the throat to be ſore, and as it were, raw; and if at any time they can bring up a little phlegm it is as thick as jelly, and as tough as glue: and they always ſpeak more freely after this, 'till more is gathered in the place. Honey is a natural and excellent remedy for this complaint, we have ſeen in the former chapter how great a power it has of ſoftening and diſſolving a tough phlegm; and it is alſo an excellent balſamick. Reaſon declares therefore that it is moſt happily ſuited for curing a hoarſeneſs; and repeated experience confirms it.

Persons who are hoarſe always are worſt in a morning. This is for the ſame reaſon that thoſe oppreſſed with a tough phlegm find moſt uneaſineſs at that time. In the night the humours collect themſelves, and ſpread over the part undiſturbed; and we feel their effect at riſing. This directs the time which muſt be beſt for taking Honey for the cure of a hoarſeneſs, which is the laſt thing at night; but it ſhould be repeated alſo early in the morning; and it may be taken occaſionally at any time of the day.

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In this complaint, the more people ſtrive to ſpeak out, the worſe they always make themſelves; conſequently without great caution, the diſorder will naturally encreaſe. Altho' night and morning are the times when the Honey is moſt effectual, in the general relief of the complaint, it will do ſervice at any time of the day when wanted. Therefore if any one, who is ſubject to a hoarſeneſs, is ſenſible that he ſhall have occaſion to ſpeak a great deal, let him prepare for it, by taking a ſpoonful of Honey. This will make him ſpeak with more eaſe to himſelf, more intelligibly to thoſe who are to hear him, and prevent that ſtraining which is ſo apt to encreaſe the diſorder.

At any time when a perſon who is hoarſe is going into company, it will be adviſeable to take ſome of this pleaſant remedy; and if in the courſe of converſation he finds his voice grow worſe, another ſpoonful of it will give him that real relief, which he would in vain endeavour to obtain by violent efforts: to ſpeak plainer, this would tend to encreaſe the diſorder, the other to its cure.

Speaking with eaſe and clearneſs muſt be agreeable to all perſons; but there are ſome to whom it is of the greateſt importance. The clergyman who is to officiate in his

his duty; and the council who muſt ſpeak at the bar, may have occaſion often for this aſſiſtance; and there are others whoſe employment though it be frivolous in itſelf, yet is important in them, ſince it gets them breath, ſuch as players on the ſtage, and ſingers, who are often diſtreſſed in the higheſt degree by hoarſeneſſes, which this eaſy medicine will perfectly cure.

Beſide the uſual doſe of Honey to be taken night and morning. All theſe perſons ſhou'd take a little of it before they enter upon their buſineſs; and again about the middle of their ſeveral performances.

The Italian ſingers who are the moſt delicate on this head, find that Honey alone is apt to clog the voice at firſt, tho' it does good afterwards; therefore they ſharpen it with a few drops of ſpirit of vitriol. This is very proper for thoſe doſes of honey which are taken in the day time, to prepare the perſon for ſpeaking or ſinging immediately afterwards, but that which is taken at night and morning, will anſwer better alone.

The ſort of Honey that is beſt for a hoarſeneſs, is the true Narbonne kind: there is a natural ſharpneſs in this, which no other has, and which qualifies it excellently for the

the purpoſe. As to the quantity of ſpirit of vitriol, that is to be determined by the taſte. It is a liquour not always of the ſame ſtrength, for the chymiſts make it careleſly, as many drops are to be uſed as will give the Honey an agreeable tartneſs, and no more; this little ſecret is kept to themſelves by the opera people, but as it may be uſeful to others, 'tis fit all ſhould know it.

If Narbon Honey cannot be got, any other of the pure and fine kinds will do; but the common thick Honey of the grocers muſt be carefully avoided; for it will do the ſame miſchief in this caſe as in that of a tough morning phlegm, and will in the end encreaſe the diſorder, by the violent efforts, it will make neceſſary to being heard at all.

CHAP. VI.

Of the Virtues of Honey againſt coughs.

THE uncertainty of our climate makes us very liable to colds; and one of the common effects of them is a cough. We ſlight this, becauſe it is common: but if people in general knew the danger, they would be alarmed in time, and prevent a great deal of miſchief. In young people coughs are often the firſt ſtep toward conſumptions;

ſumptions; and in thoſe more advanced in life, tho' there is not this dangerous conſequence, there is the very troubleſome one of their becoming habitual.

The way in which our taking cold brings on a cough is this: Perſpiration is in a great meaſure retarded by the obſtruction of the pores, and the abundant humour which ſhould have gone off this way, falls opon the throat and lungs, where by its quantity and ſharpneſs it creates a continual uneaſineſs; and, the lungs endeavouring to throw it off, a cough is the natural effort.

Honey is excellently calculated for the relief in this complaint, for by its ſweetneſs and balſamick quality, it takes the ſharpneſs of the humours off; and it leſſens the quantity alſo conſiderably, by what it carries off by urine.

If a cough ſhould be taken care of juſt at its coming on, Honey alone will uſually cure it: but we are very apt to neglect it at that period; and having gathered ſtrength by time, ſome farther aſſiſtance may be neceſſary: but even in this caſe Honey is not to be ſlighted, for it will always do the good we expect in ſome degree; and whatever be

required

The pure ſpring Honey is particularly excellent in this caſe; and I have always found that the newer it is, the better it takes effect. In general Honey ſhould never be uſed as a medicine after it is one year old; that which is taken from the comb in May, ſhould be uſed 'till the may following, and then what is left of it, ſhould be put to other ſervices, and freſh taken for the ſucceeding year.

CHAP. VII.

Of the Virtues of Honey, in curing an Aſthma.

THE patient muſt underſtand his diſeaſe before he chuſes his medicine: there are two diſtinct kinds of the Aſthma, for one of which good Honey is a certain cure, tho' for the other it can do nothing. The kind which Honey cures is the Aſthma properly ſo called, and is one of the diſorders of the lungs, for all which Honey is excellent: the other kind is the convulſive Aſthma, and is altogether a different diſtemper, it is really a nervous complaint; and has only been called an Aſthma, becauſe the ſymptoms, particularly the difficulty of breathing, in ſome degree reſemble an Aſthma. This is a leſs common diſorder: the real Aſthma is very frequent, and no diſeaſe is more troubleſome to the patient.

HONEY is a certain remedy provided it be taken conſtantly, a good kind choſen, and ſome care taken in the common courſe of life. This is worthy a careful regard on two accounts; not only as the cure for a very painful diſeaſe, but as it prevents the neceſſity of bleeding which is the common practiſe, and which tho' it give a preſent relief in this diſeaſe, often brings on worſe.

THE Aſthma uſually is a diſeaſe of elderly people: and thoſe who are ſubject to it have frequent returns; for all the methods in common uſe are calculated only for relief in the preſent fit, not for a laſting cure. 'Tis fit the old man know his caſe and danger: eſpecially as this ſure remedy is at hand; and as his life depends upon avoiding the other. In the extremity of a fit, the ſurgeon is called in to bleed a perſon; and this flattering practice is univerſal, becauſe it gives immediate relief; but fits return often, and if bleeding is ſo frequently repeated, the conſtitution is deſtroyed.

WE need not tell the patient what an Aſthma is; no diſeaſe ſhews itſelf ſo diſtinctly. When a man is ſubject to be taken at times with a wheezing, difficulty of breath, and tightneſs of the breaſt, he need not be told that he is aſthmatick, but it will be

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CHAP. VII.

Of the Virtues of Honey, in curing an Aſthma.

THE patient muſt underſtand his diſeaſe before he chuſes his medicine: there are two diſtinct kinds of the Aſthma, for one of which good Honey is a certain cure, tho' for the other it can do nothing. The kind which Honey cures is the Aſthma properly ſo called, and is one of the diſorders of the lungs, for all which Honey is excellent: the other kind is the convulſive Aſthma, and is altogether a different diſtemper, it is really a nervous complaint; and has only been called an Aſthma, becauſe the ſymptoms, particularly the difficulty of breathing, in ſome degree reſemble an Aſthma. This is a leſs common diſorder: the real Aſthma is very frequent, and no diſeaſe is more troubleſome to the patient.

HONEY is a certain remedy provided it be taken conſtantly, a good kind choſen, and ſome care taken in the common courſe of life. This is worthy a careful regard on two accounts; not only as the cure for a very painful diſeaſe, but as it prevents the neceſſity of bleeding which is the common practiſe, and which tho' it give a preſent relief in this diſeaſe, often brings on worſe.

THE Aſthma uſually is a diſeaſe of elderly people: and thoſe who are ſubject to it have frequent returns; for all the methods in common uſe are calculated only for relief in the preſent fit, not for a laſting cure. 'Tis fit the old man know his caſe and danger: eſpecially as this ſure remedy is at hand; and as his life depends upon avoiding the other. In the extremity of a fit, the ſurgeon is called in to bleed a perſon; and this flattering practice is univerſal, becauſe it gives immediate relief; but fits return often, and if bleeding is ſo frequently repeated, the conſtitution is deſtroyed.

WE need not tell the patient what an Aſthma is; no diſeaſe ſhews itſelf ſo diſtinctly. When a man is ſubject to be taken at times with a wheezing, difficulty of breath, and tightneſs of the breaſt, he need not be told that he is aſthmatick, but it will be

a great comfort to him, to know of ſo eaſy and pleaſant a remedy as Honey.

Some perſons are continually aſthmatick; and others have the diſorder at times only, in a kind of fits: this ſafe and pleaſant remedy will cure both, only according to the nature of the diſorder, it muſt be taken in a different manner. In both caſes the difficulty of breathing goes off, when the perſon has ſpit up a tough phlegm; and this will always be promoted by the uſe of Honey; one of the moſt immediate and certain effects of which is, making a perſon cough looſe and ſpit eaſy whatſoever matter it be that oppreſſes the lungs.

Those who have a continual Aſthma, ſhould take Honey always night and morning; and every thing ſhould be ſweetened with it, wherein others uſe ſugar. If care be taken to get good Honey this will be to the full as agreeable as ſugar; and by the uſe of this alone, the complaint will gradually wear off.

With regard to the courſe of life, great care muſt be taken to chuſe a proper air. Experience will ſoon ſhew every perſon what air is beſt, and no certain rule can be given. Where he breaths eaſieſt let him prin-

principally reſide. He muſt lye with his head high, and not be too much covered with cloaths. He muſt avoid any poſture of ſtooping or leaning forward; write upon a high deſk, and read ſitting upright: and he muſt always uſe ſome exerciſe; but never too much, or too violent. Theſe cautions with a temperate diet, early riſing and light ſuppers, will take off all occaſions of an encreaſe of the diſeaſe; and the conſtant uſe of the Honey, will conquer what is eſtabliſhed in the conſtitution.

For thoſe who have an Aſthma coming on at times, and in regular fits, the Honey will be as uſeful, but the nature of the diſeaſe, requires a different method of taking it.

The fits of this kinds of Aſthma uſualy are about three in a month; they are more violent and laſt longer in ſummer than in winter; and the more irregularly the perſon lives, always the worſe they are. In all theſe caſes the ſooner the perſon begins to ſpit, the ſlighter and the ealier will be that fit. Therefore Honey ſhould be conſtantly taken to promote a natural tendency to this; and the approaches of the fit ſhould be watched carefully, that it may be got down in larger doſes as that comes on. If the perſon feels a tightneſs about the mouth of the ſtomach

two

two hours after dinner, this is a firſt ſign of its coming on, and he ſhould immediately take a large ſpoonful of Honey: he ſhould ſit ſtill but upright; and in half an hour take a ſpoonful more. If the ſtomach feels ſwell'd and the perſon belches frequently, it is a continued ſign of the fit gaining ſtrength, and a ſtraightneſs of the breaſt and lungs will ſoon follow. Once in two hours half a ſpoonful of Honey is to be taken; for three times more. Then the perſon ſhould go to bed; and lie with his head high. Generally an hour or two after midnight the fit comes on with violence. He ſhould then get up and continually be ſucking down a little Honey. The heat of the bed, as well at the poſture of lying encreaſe the complaint; therefore geting up is doubly uſeful; and the continual taking of Honey will promote that ſpiting which always carries off the fit.

If the Honey do not take effect the fit will continue two, three, or four days; the difficulty of breathing all the time continuing; and at the end of that time the perſon will ſpit up a foul matter, and grow well. In this caſe, the uſe of Honey muſt be continued; ſeveral times a day taking a little: the perſon ſhould eat no meat, nor drink any ſtrong liquour, and by the uſe of Honey it will thus go off.

If

If an Aſthma be taken in time, theſe long fits will be entirely prevented by the Honey: if it be firſt uſed when the diſeaſe is eſtabliſhed in the conſtitution, it will by degrees produce the effect; ſhortening the fits, and gradualy preventing them entirely.

Where the Honey alone is ſlow in giving relief in an Aſthma an addition of great advantage may be made by a common Engliſh plant Eryſimum. This is frequent under every hedge, with a long ſpike of pods ſtuck cloſe to the ſtalk, and three or four little flowers at the top. The leaves of this beat in a mortar and mixed with an equal quanty of Honey, make a thin conſerve, which I have never ſeen fail. The antients were fond of this herb; and that great good man, Sir Hans Sloan, tried to bring it into uſe again in our time, but in vain: chymical medicines have got poſeſſion of the practice, and every thing elſe is neglected.

The beſt Honey for aſthmatick people is the Italian, but any clean and pure kind will do.

CHAP. VIII.

Of the Virtues of Honey, in the Cure of Conſumption.

THE great and only hope for the cure of a conſumption, lies in taking it in time; and with that advantage Honey aſſiſted by a proper courſe of life, will cure it entirely. Young people who will take early care of coughs by Honey, will eſcape conſumptions often, without knowing they were in danger; and the great hope afterwards lies in a conſtant uſe of the ſame medicine.

A conſumption naturally begins by a cold taken in the winter, which brings on at firſt a common cough; and that being neglected ſettles itſelf upon the lungs, which by degrees become more and more obſtructed, than enflam'd, and afterwards ulcerated: a ſlow fever attends theſe laſt ſtages of the diſorder, and relief comes then too late. Thin and weakly young men are moſt in danger of conſumptions, and theſe principally from ſeventeen to three and twenty. Therefore let ſuch perſons, and eſpecially at ſuch time of life, avoid colds as much as poſſible, and take Honey upon the firſt appearance of a cough.

If the cough does not abate in two or three days, the perſon ſhould be let blood; and from that time he muſt avoid moſt carefully all high ſeaſon'd foods and ſtrong liquors: he muſt ride two or three hours every day; and take a ſpoonful of Honey night and morning, and half a ſpoonful at leaſt twice in the day beſide. It rarely happens that the body becomes coſtive in a courſe of Honey, but if it does, gentle purges muſt be taken at times; and the Honey continued. This gentle purging is confined to the firſt ſtages of the diſeaſe; for toward the end the patient will be too weak for it. If the bad ſymptoms encreaſe in ſpite of Honey, temperance and exerciſe, iſſues will be needful, and very little fleſh ſhould be eaten.

With theſe cautions, Honey without raſhneſs will be conſidered as a cure for conſumptions: and it is very ſingular that phyſicians who have ſhocked the conſtitutions of their patients with opium and mercury, never have thought of this happy and innocent medicine, whoſe virtues as an aperient detergent and balſamick, they have always acknowledged tho' they never thought of employing it, where ſuch virtues were ſo greatly wanted.

CHAP. IX.

Of the Virtues of Honey in the cure of the Gravel and Stone.

IF the reader wonders at thoſe great virtues of Honey, we have mentioned in in the preceding chapters, he will be more ſurprized at what we have to ſay in this: yet is the whole perfect and certain truth: Honey will at all times cure the Gravel, and as certainly prevent the Stone.

THE various degrees of this terrible complaint, all ariſe from one cauſe; which is a lodging of gravel or ſand in the kidneys, or in the bladder; where it concrets into a number of ſmall ſtones, or into one large one. The bad condition of the urine or the weakneſs of the parts may contribute to the lodgment of this gravel and to the concretion of it into ſtones; and againſt theſe it will be proper to guard by exerciſe and temperance; but there is in Honey ſo conſiderable a diuretick and detergent quality, that if conſtantly taken it will not ſuffer the gravel to lodge if none be already concreted, and if there be it will gradually and gently bring away the ſtones if they are of a ſize poſſible to be voided.

WHAT Honey will do in theſe caſes is beyond all belief, except of thoſe who have experienced and ſeen it. It is not of the nature of thoſe violent medicines which produce a vaſt effort at once, and often inſtead of relieving, miſerably injure the patient: what this powerful remedy effects muſt be expected from a continuance of taking it, and from the ſlow and gradual, and therefore ſafe effect it takes upon the parts. Stones have been voided after a courſe of Honey, of ſuch a ſize as has aſtoniſhed the perſon, ſuch as could not have been conceived capable of coming away by thoſe paſſages; and this without any conſiderable pain; and without the leaſt hurt to the parts, or danger of any kind.

IF all who feel the effects of the gravel and ſtone, would take this innocent and pleaſant medicine, we ſhould hear little of theſe complains: but this is not all that may reaſonably be expected from a more general uſe of Honey. A great many people are afflicted with the gravel for years, before they are ſenſible what is their diſorder: they are tormented with cholicks of the moſt terrible kind: numbneſſes of the limbs, vomitings, and the moſt miſerable depreſſion of the ſpirits accompany theſe complaints; and they are ſuppoſed to be nervous, or of ſome other kind as diſ-

tant from their real nature: ſeveral of theſe perſons during a regular courſe of Honey, have to their prodigious aſtoniſhment voided vaſt quantities of red gravel, or numbers of little ſtones; and from that moment found themſelves freed from all their other complaints.

For theſe gravelly caſes whether they be plainly known, or but ſuſpected, there need not be any thing of the nature of a medicine in the taking of the Honey. It will anſwer the purpoſe perfectly well alone: it will need no mixtures; and the beſt way of taking it, is every night and morning a large ſpoonful. The Swiſs Honey is the moſt excellent for this purpoſe; but the Engliſh Spring kind when it is perfectly good is ſcare at all inferior to it. Indeed the Engliſh Honey when excellent in its kind, has ſo many advantages that there would be no difficulty by a proper management, to give it all the others; and raiſe it to an equality, at leaſt, with that of any country in the world. Having in ſome degree done juſtice to the value of Honey by this detail of its virtues, it may not be foreign to the purpoſe to conſider in the remaining pages, which are the circumſtances to which Honey owes its excellence, and how to obtain them in favour of that of our own country.

CHAP. X.

Of the circumſtances which tend to make Honey fine.

AS Honey is produced in the flowers of plants, and the Bees do no more than collect it, not making the leaſt alteration in its nature or qualities, 'tis evident that in any place, ſuch as the flowers are, ſuch will be the Honey. We have ſeen that the generality of plants afford it pure and unaltered; but there are ſome which give it a certain tincture of their qualities improving or debaſing it.

THE Bees in general are ſo delicate that they do not meddle with thoſe flowers in which the Honey juice is unpleaſant; but 'tis certain they ſometimes will collect ſuch as is unwholſome. On the other hand they are fond of aromatick ſweets, and they no where collect ſo much Honey as in places where theſe are frequent. It is the quality of theſe aromatick plants to give ſome tincture of their virtues to the Honey juice lodged in their flowers, and this remains with it when human induſtry has taken it carefully from the comb. Upon theſe plain principles we may underſtand all the differences of Honey; and by obſerving the cauſes of its excellencies

cellencies and defects we may be enabled to procure it with all the former, and without the latter.

THE Bees when left to their own wild way of living, never fix themſelves but in places where there are herbs they like: but if human authority places them where there are only bad kinds, the creatures muſt collect their little ſtores as well as they can from them. The Honey therefore will be better or worſe, not only according to the country where it is produced, but as the particular ſpot of it where the ſwarm was placed, happens to be productive of plants of a better or worſe nature.

ALL ages have been ſenſible of this truth, and the accurate Antients have gone ſo far as to name certain plants which gave the value to the Honey of particular places.

The firſt in eſtimation among the the Greeks was that of mount Hymettus; and 'tis not difficult to ſee the cauſe of its excellence: the lower part of that mountain is at this time, in a manner covered with a ſmall ſpecies of wild lavender very ſweet and aromatick, and the Bees are fond of the flowers of it now, and doubtleſs were ſo in thoſe early times. We know there are plants whoſe

whoſe fragrance is preſerved in the Honey collected from their flowers, and in ſome degree their virtues: the aromaticks are peculiar for this, and among the aromaticks lavender. We learn from the antient accounts that the famous Honey of Hymettus was taken from the combs, at that ſeaſon of the year when the lavender has a little while done flowering; and therefore we may conclude ſafely that the flowers of this plant principally ſupplied the Honey, and gave it this fine quality. This ſmall kind of lavender is not peculiar to that part of the world: it is is common in Italy, where they call it Spigo, and in ſome parts of France, particularly in Languedoc: we have been accuſtomed to have from them at a ſmall price an oil diſtilled from it, which from the Italian name we call'd Oil of Spike. From theſe circumſtances conſidered together, we may learn that we have the real Hymettian Honey at this time, though not from the ſame place.

CORBIERE, a village in Languedoc, is ſeated on a high ground, and every waſte ſpot of the fields about it is covered with this lavender. The inhabitants keep a vaſt quantity of Bees, and they have but one ſeaſon of the year for collecting the Honey, this is the beginning of Auguſt, when the lavender

lavender has done flowering; and this is what we receive from France under the name of Narbonne Honey: Narbonne being the neareſt large town to Corbiere, and conſequently the natural market.

The Greeks ſay their Hymetian Honey was white, thin, clear, and fragrant with a pleaſant ſharpneſs in the taſte. The true Narbonne Honey of this time is exactly ſuch, and the plant is the ſame which occaſions theſe excellencies.

Even in England I have once ſeen a Honey produced which had nearly theſe characters. It was on this occaſion. In the ſummer of the year 1754, lodging at a houſe on Wandſor-Hill on the edge of the Batterſea Fields, where they cultivate the common lavender for the markets, the maſter of the houſe kept Bees. He took the Honey of three hives while I was there, and it happened ſoon after the lavender ſeaſon: the Honey which ran free from the comb was fragrant, a crid, and in all reſpects anſwered the character of the old Hymettian or the modern Narbonne Honey except in colour. It had ſome yellowneſs, but otherwiſe they could not be diſtinguiſhed. Of the virtues of this, I can ſpeak with great certainly having never found any either Engliſh or foreign that was

equal

equal to it, in the gravel. It ſeemed to have received the fineſt part of the eſſential oil of the lavender; and to act upon the principle of the juniper and turpentine oils, which we give on this occaſion; but mild from the balſamick quality of the Honey.

The ſecond Honey in eſtimation among the antients, was that of Hybla, this they obtained from the Cyclades and Sicily, and the peculiar character of it was pure and perfect ſweetneſs: we find it had a ſingular fragrance, not accute and piercing as the Hymettian, but ſoft and delicate. The Italian Honey of this time anſwers to theſe characters exactly; and from the ſame cauſe. There is throughout all that part of Europe, an abundance of wild Thyme, a ſweet and fragrant herb, the ſofteſt of all the aromaticks. The gentle fragrance we perceive in the modern Italian Honey, and which the antique Romans eſteemed ſo much in the fam'd Hyblæan, is the pure ſcent of this little weed: and this we have alſo wild in England. The attention I have

now for many years paid to this excellent medicine, led me to try whether we might not have a Honey of this kind in England: and the event ſhews we may.

On the left ſide of the road leading from Denham to Rickmanſworth, a little more than a mile from the houſe of the late Sir George Hill, there is a dell or hollow juſt within the gate of a field, where gravel many years ſince was dug: the whole ſurface is now covered with wild Thyme, which we call Mother of Thyme, whoſe fragrance ſcents the evening air to a great diſtance.

Half a quarter of a mile off, there is a farm houſe, where Bees are kept; and they have an eaſy and quiet paſſage over the fields to this dell. The Honey of their hives is perfectly Hyblæan: paler than any I have ſeen of Engliſh produce, and of a delicate ſweetneſs, heightned by this mild aromatick flavour.

The Antients name a difference in their Hyblæan Honey of which they diſtinguiſhed

guiſhed two kinds, not alone from their qualities, but from the place. The Cyclades afforded the very fineſt; that of Sicily was of equal ſweetneſs, but more highly aromatick. The flavour they deſcribe is found in our Swiſs Honey, and a taſte accuſtomed to the ſeveral aromatick plants, eaſily perceives this to be the flavour of Origanum. This plant is common to the warmer and the colder Europe, and is equally abundant in Sardinia, in Swiſſerland, and in Britain: 'tis what we call Wild Marjoram, a plant more fragrant than all the kinds we nurſe in gardens. I have not had an opportunity of taſting Honey, where this plant is common; but probably it will anſwer as the others; for the plant grows to full perfection with us; and Bees are fond of it.

As theſe plants give a peculiar excellence to Honey, there are others which debaſe, or alter its nature. 'Tis ſaid that

in ſome parts of Pontus, there is a poiſonous Honey. The antients ſpeak of this, they call it the Heracleotick Honey; and the preſent inhabitants of that region talk of a Honey of that quality, though it is certain that very good and wholeſome Honey alſo is produced there. We read alſo of a bitter Honey of Sardinia, where ſo excellent a kind is now produced; from the Bees taking it from wormwood: but whether either of theſe accounts be true, is hard to ſay, though there is ſtrong tradition in their favour. This however we know by frequent obſervation in England, that the flowers of Heath, make Honey rediſh; and in Picardy they have a red Honey from the ſame herb which purges. This quality I have not found in the Heath Honey of England, though it has the Picard colour.

As to the fine Honeys of the Antients, and thoſe of the ſame character at preſent,

ſent, 'tis evident that they are the ſame, the Hymettian and Narbonne Honey are one thing; the pure Italian is the true Hyblæan, the Swiſs is the Sardinian: and all theſe we may have at home, if we will take the eaſy care of raiſing the Bees where there are plantations of theſe Herbs, to which they owe their qualities; or of raiſing the plants, which is very eaſy, are where our Bees kept.

This is in our power, and may be done without expence in two of thoſe inſtances; and in a manner that will very well repay the expence in the other. The wild Thyme and Origanum require no valuable land, nor culture; they will grow on any waſte ſpot of dry ground, where their ſeeds are ſcattered: as to the lavender it requires culture, but it will alſo pay for it. The price is certain at the market; nor is it a ſmall one. The Bees attack the opening flowers; and

often

often open them from the bud for their own ſervice: 'tis in the ſtate of full flower the plant expected in the markets: therefore when it had ſerved the Bees, it would be ready for the other uſe; and the advantage would be double.

CHAP. XI.

Of the quantity of Honey that might be made in England.

BESIDE the excellence which may be thus given by good management to the Engliſh Honey, there is another conſideration of great importance in relation to it, which is the quantity annually loſt, by neglect among us. Every flower yields Honey, and every ſpot of ground throughout the kingdom produces theſe: tho' 'tis in ſo few places that we raiſe the induſtrious inſects, that would amaſs it for our ſervice. Farmers know the profit of Bees is very conſiderable, and the care required about them is almoſt nothing.

With

With good management their encreaſe is prodigious; and 'tis not too much to ſay, that if a due attention was paid to this article, a few years would ſtock the whole kingdom. Wherever Bees are not kept nature has given Honey in the flower in vain; it periſhes unuſed, and this is plainly thro' the whole kingdom, except a few ſmall ſpots.

Beside the medicinal uſes of Honey it might in many things ſupply the place of ſugar: the demand for it is conſiderable at preſent; and would be greater when it was more regularly produced, and better. We import a great deal, and it is ſold at a conſiderable price, while there is prodigious waſte at home by our neglect. Indeed the price, the excellence, and the poſſible quantity, all plead for its becoming a more general concern: the farmers would be enriched by a general propagation of Bees, and the advantage would be every way conſiderable.

CHAP. XII.

Of the preparation of Honey.

WITH all theſe advantages it is not to be deny'd that there are ſome perſons with whom Honey diſagrees. The phyſicians have been ſenſible of the occaſion, and have endeavoured to prevent it, by purifying the Honey by common clarification.

COMMON Honey being preſs'd with ſtrength from the combs, after they have been heated, has always ſome of the wax with it: 'tis this which renders it foul and opake; and it is this which makes it diſagree with ſome perſons: for wax cannot be diſſolved in the body: and though it will paſs without trouble in ſtrong conſtitutions, it often lodges by the way, and torments thoſe who are of a more delicate habit, particularly ſuch as are ſubject to hyſterick and hypocondriac complaints. To

pre-

prevent this the preparation of Honey by clarifying it, it has been invented; and it is highly rational. Wax being lighter than Honey will riſe to the ſurface when it is diſengaged from the Honey by melting: and this being taken off the Honey will be more pure. It is done thus. Set a pot of water upon a clear fire, put a quantity of Honey into an earthen pan, and ſet that in the water within two inches of the rim. As the water heats, the Honey will melt, and a ſcum will riſe to the top, which is wax: this muſt be taken of 'till no more comes up.

Honey is thus brought nearer a pure ſtate than it was, but it is not equal to ſuch as run freely from the comb, without heat or force. This clarified Honey will agree with many who cannot bear the common kind; and pure Honey will agree with thoſe, who cannot bear this.

If there be any perſon whom the fineſt Honey diſagrees with, as I have ſeen one or two, whoſe conſtitution ſeemed to have a natural antipathy to it, I have always found that the mixing with the Honey, a very ſmall quantity of powder of cinnamon prevented this entirely.

CHAP. XIII.

Of Syrup of Capillaire.

THE Capillaire ſo celebrated for coughs and diſorders of the breaſt, derives its virtue, in a manner entirely, from the Honey. Many idle receipts have been publiſhed for the making it, but the Italian kind which is fineſt of all, is no more than this. Pick from the ſtalks four ounces of freſh leaves of the true maidenhair, while they are young, and without ſeeds. Pour upon theſe a quart of boiling water. Let it ſtand eighteen hours; then filter it through paper, add to this four pounds of pure Honey. Boil this a few minutes and then

then ſtrain it through flannel. The maiden hair has very little ſhare in the virtues of the capillaire, they are the natural virtues of Honey and no other: when it is pure and fine, it needs no addition.

CHAP. XIV.

Of the Ariſtæan Confection.

IT may not be foreign to the purpoſe of this treatiſe to add in the few remaining pages, the receit for a compoſition of great excellence, known at this time only by name; in which Honey is a very material ingredient, though not the principal: this is the Silphian confection, invented by Ariſtæus a king of Sardinia in the remoteſt antiquity, and therefore called often his name. We find by Dioſcorides that the Greeks who were excellent in pharmacy, conſidered Honey as the firſt of all diſſolvents for vegetable ſubſtances: 'tis with this intent, that author directs that in the making of oil of roſes,

the roſe buds ſhould be worked in the oil with hands dipt in Honey; 'twas thus they conſidered it, as a ſolvent of myrrh; and long before this it was that, upon the ſame principle, Ariſtæus us'd it as the proper diſſolvent and corrector of that excellent but ill ſcented medicine Aſſafætida. He found Honey capable of diſſolving that gumm and mixing it with ingredients which would abate its ill ſcent and aſſiſt its efficacy; and on this principle he invented the confection, for which he has been celebrated more than Mithridates. We find the name of it in that old Greek quoted by the ſcholiaſt of Ariſtophanes; and in all the writers on theſe ſubjects, to the preſent time. 'Tis with difficulty we trace the compoſitions of ſo early an antiquity, but the receit of the Ariſtæan confect ſeems to have been ſuch as this. Slice very thin four ſcruples of Aſſafætida, grind it in a marble mortar, with four ounces of fine Honey. Put this into a pan, and ſet that in a veſſel

veſſel of water: put the whole over a gentle fire. And let it remain, frequently ſtiring it, till the Aſſafætida is perfectly diſſolved, then ſtrain it through a coarſe linnen cloth. Then mix in a mortar one drachm of cinnamon in fine powder, two ſcruples of powder of ginger, one ſcruple of amomum cleared from the huſks and rub'd alſo to fine powder, with the aſſiſtance of a quarter of an ounce of the fineſt ſugar; when all are perfectly mix'd add them to the reſt while it is yet warm, and mix them perfectly by long ſtiring. Then keep it carefully tied up for uſe.

A tea ſpoonfull of this, is a doſe: and to thoſe who can bear the taſte of Aſſafætida, it is a moſt admirable medicine. The flavour of that drug is not to be conquer'd, though 'tis vaſtly ſoftned by theſe ingredients; but what the great inventor meant principaly, was the diſſolving its ſubſtance, ſo as to make it readily and certainly

tainly take effect: and this it ſo happily anſwers, that although the doſe here directed contains but two or three grains of the Aſſafætida, it is equal to ten in the effect, and relieves immediately.

Its peculiar virtue is in curing that flatulent cholick, to which Hypocondriac people are peculiarly ſubject; but it is not limitted to this alone. Wherever Aſſafætida is uſeful, this is the beſt way of giving it; and beſides the common excellence of that medicine againſt headachs, convulſions, and all the train of hyſterick complaints, this is alſo a ſovereign remedy in Aſthma's, when Honey alone fails.

FINIS.